



FJMC Israel Walking Challenge



Hadera is a city located in the Haifa District of Israel, in the northern Sharon region, approximately 45 kilometers (28 miles) from the major cities of Tel Aviv and Haifa. The city is located along 7 km (5 mi) of the Israeli Mediterranean Coastal Plain. The city has a population of about 91,634, which includes a high proportion of immigrants arriving since 1990, notably from Ethiopia and the former Soviet Union. In 2015 it had a population of 88,783. Hadera was established in 1891 as a farming colony by members of the Zionist group, Hovevei Zion, from Lithuania and Latvia. By 1948, it was a regional center with a population of 11,800. In 1952, Hadera was declared a city, with jurisdiction over an area of 53,000 dunams. Read a brief description at each stop and drag peg-man onto the map to explore a street view!

April 21, 2024 – June 10, 2024

The FJMC Walking Challenge will begin on April 21, 2024 (Passover) and finish on June 10, 2024 (Shavuot). During the 7-week virtual journey throughout Israel you will visit many cities including Haifa, Hadera, Netanya, Tel Aviv-Yafo, Ashdod, Ashkelon, Sderot, and Jerusalem!

Leaderboard after Week 2:

Wellness Tip: Walking Outside Can Boost Your Health

Walking is one of the simplest and easiest forms of moderate exercise. But where is the best place to do it? You can walk on a treadmill, in the gym, the street, parks, pretty much anywhere! Studies show that choosing to walk in a greener area such as a park has great benefits for the mind and body.

Increased Happiness – People that visit parks more often report higher levels of happiness and life satisfaction.

Food for the Heart – Being outside in greener spaces has been shown to lower blood pressure and heart rate, which is important for cardiovascular health.

Stick with It – Walking outside may help you stick with your exercise program for longer. Walking outdoors is much more interesting than a treadmill! Grab a friend or coworker and get moving!

Need Assistance?

All questions regarding the FJMC Israel Walking Challenge should be directed to the chat feature located on the lower right side of the FJMC portal, Contact Us on the FJMC mobile app or emailed to wellness@fjmc.org.

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